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# NET(FOR)WORK

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PARTICIPATING COUNTRIES

- BULGARIA
- CROATIA
- CZECH REPUBLIC
- GREECE
- ITALY
- LITHUANIA
- MACEDONIA (FYROM)
- MALTA
- POLAND
- PORTUGAL
- ROMANIA
- SLOVENIA

**The main aim of Contact Making Event Net(for)Work was to build new partnerships, motivate and raise competence needed to initiate, prepare, run and evaluate mobility projects for youngsters and youth workers within the frame of Erasmus+ Programme. During the fruitful week we created strong cooperation and network between partnering countries which resulted in creation of following projects:**



22 - 28.09.2016

MURZASICHLE



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# SMILE.DANCE.EAT.REPEAT

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Unhealthy food and lack of sports become in nowadays a way big problem for the youngsters, therefore, we aim to promote a healthy lifestyle for them within the Erasmus+ program. The Youth Exchange “Smile. Dance. Eat. Repeat.” will be held in Constanta, Romania, starting from 15th of May till 23rd of may and it will gather together 30 participants (mostly from rural areas) from 6 countries. The idea of this project is to use different sport activities such as: dancing, jogging, swimming, and relaxation techniques as a tool to inspire them a change and to encourage them to continue to promote this healthy lifestyle within their local communities. The involvement of the participants in the program activities will also influence and enhance their competences as: personal development, cultural knowledge, speaking foreign languages and many more. The project will use methods of non-formal education such as: brainstorming, simulations, discussion sessions, role playing, working in small groups and debates. The result of the program will be a video of a flash mob.

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# #DUCK FACE

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Youth exchange called “#DUCK FACE” brings together to Jedovnice between 11 – 18 April, 2017, 30 youngsters, leaders and potential journalists from Lithuania, Czech Republic, Slovenia, Greece, Croatia. The main aim is raise awareness of power of social media in order to faster social inclusion. By using non-formal education methods, we will improve communication among youngsters and providing knowledge about power of social media, promote ERASMUS+ program, gain new skills and digital competences, grow attention towards the essence of online communication, present different tools and platforms for personal and professional development. Participants will be also included in different activities through the methodology of non-formal education such as simulations, role playing, open space discussions, brainstorming, ice breakers and reflection groups. The procuration of such competences will be helpful for young people to apply it in everyday life. The result of this youth exchange will be a video about flash mob.

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## HEALTHY EDUCATION IN ACTIVE LIFESTYLE – HEAL

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The Youth exchange will involve 28 participants, and their youth leaders, from Bulgaria, Croatia, Romania, Poland, Italy, Spain and Lithuania. It will be held between the 03 April and 12 April in Tučepi, Croatia. Our project is a response to a growing obesity among European youngster and disinterest in sport and healthy eating. The activities will be based on methods of non formal education such as open discussions, brainstorming, energizers, lectures, presentations and reflection groups and implementation of sport practices that were learned during sessions. Through the non formal methods we want to show to our participants advantages of active lifestyle such as: social inclusion, physical fitness, discipline, teamwork, self-development through sport activities and knowledge of preparing healthy meals. We want to make the outcome three dimensional: knowledge: learning about sports participants didn't come in contact before, skills: new sport skills, cooking skills, attitude: changing bad habits, and making regular exercise a habit. The result will be a video promoting healthy lifestyle, pictures of participant's experiences while completing tasks, new sport rule-book, intercultural cookbook.

# BALKAN INCLUSION

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30 young people and youth leaders from 5 EU countries will bring together on May 2017 in Veria, Greece. Our main aims are to promote intercultural dialogue and inclusion of people with fewer opportunities within the frame of Erasmus + and cooperation between Balkan countries and other EU countries. The first 3 days participants will learn about the refugees situation from experts. It will help them to understand how they think, to be more open minded, patient, and be informed about our project. This will prepare them for the meeting with the refugees. On 4th day we will visit the refugees camp and meet 30 refugees with who we will spend the next days. Our main activities will be focused on multicultural dialogue. Each day, 2 participating countries will present themselves with their traditional food, music, games, habits, and other facts they think that are important for foreigners. All participants of EU and the Syrian refugees will participate in every activity. With energizers, teambuilding games and reflection groups we will create a space where the people from different cultures will feel comfortable and accepted. During the project we will collect photos, drawings, recipes, tips and opinions by all the participant and create „the book of friendship“. The last day we will present our work to local people and other refugees. Each participant will receive the book.

# CV SUPERSTAR

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Nowadays, Internet dominates our lives in multitude ways. Our online personal activities our intersected with professional circles and this has impacted our job-seeking activities as well. Considering how our online image on social media is what our future employer or client will see, it is important to build one's personal brand on the web. Youth exchange called "CV superstar" will bring together to Murzasichle, Poland 30 youngsters and 6 youth leaders from Italy, Bulgaria, Portugal, Slovenia, Greece and Poland. The main aim of this project is to support youngsters in the acquisition and development of entrepreneurial and digital competences and using them as a leverage for employability. With the help of tools and methods of non-formal education, such as simulations, role-playing, brainstorming, open space discussion, participants will broaden their digital knowledge. Participants will learn how to work in an international environment, how to use multicultural dialogue as a problem resolution. Youthpass certificate will be our tool of recognition of gained competences. During the youth exchange we will promote Erasmus Plus Programme and its possibilities for youngsters. To fulfill our main aim we will present to participant the best way to protect our online data, how to use different social media pages in order to create our personal brand. As the final result each participant will create his own way to promote himself in the Internet. It will be their first step to professional career.



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# ALL THAT WAS POSSIBLE THANKS TO:

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Erasmus+



HONORARY PATRONAGE  
OF THE PORONIN COMMUNE